Vancouver metro

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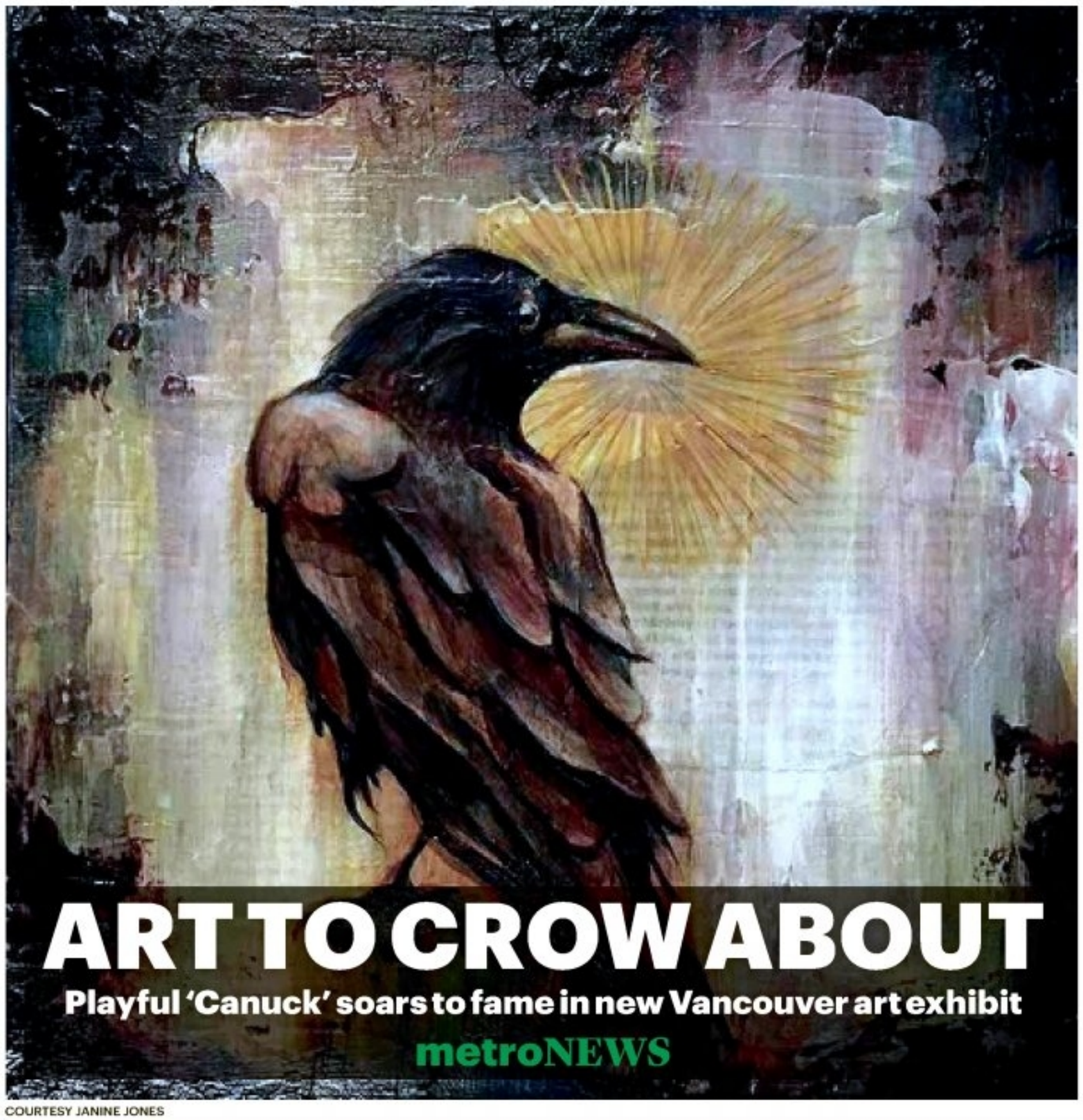

COURTESY JANINE JONES

Restaurant's no-tipping policy ends

CONSUMER POLL

Practice was unsustainable, owner says

Wanyee Li
Metro | Vancouver

A Vancouver restaurant's experiment with a no-tipping policy has come to an end after the model proved financially unsustainable, the owner said.

The change appears to reflect the results of an Angus Reid Institute poll released Wednesday, that shows while Canadians are split on the issue of tipping, more would rather see restaurants keep the practice than abandon it.

But restaurant-owner Nevada Cope said the difficult decision to switch to a tipping model came down to revenue issues, not customer feedback.

"(It) was super heart breaking to me. I wanted to make it work but it came down to either me or the business," said Cope, who owns Ritual, a restaurant in Vancouver's West End.

The restaurant paid its servers and kitchen staff a $21 living wage when it opened in April until last Friday, when it changed to the more conventional model of accepting tips.

Meanwhile, an Earls restaurant in Calgary launched a no-tipping model last week in favour of a 16 per cent hospitality charge.

Time will tell whether the practice of tipping will continue in Canada, said Shachi Kurl, executive director at Angus Reid Institute. "I think it is a bit of a wait-and-see to really gauge whether across the country Canadians are ready to embrace a no tipping way of eating out."

Consumer opinion on the issue is split in Canada, with 46 per cent of respondents to the Angus Reid Institute poll reporting a preference for tipping and 40 per cent responding in favour of a no-tipping model.

But Canadians do agree on one thing — the amount they tip falls between 10 and 20 percent and the amount they tip does not change depending on service. Only 9 per cent said they do so "often," according to the report.

In fact, the idea that tipping is no longer about showing appreciation for good service is the strongest in B.C., with 71 per cent of respondents agreeing with that statement.

Cope is still trying to remain true to her values. "It's still very important for me to pay everyone fairly whether they are front-of-house or back-of-house," she said.

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metro NEWS
Your essential daily news

Family pleads for safe return of five-year-old Calgary girl. **Canada**

Gas boom a pipe dream: Expert

LIQUEFIED NATURAL GAS

International consortium puts brakes on investment

David P. Ball
Metro | Vancouver

The international consortium behind a massive would-be liquefied natural gas project in B.C. has hit the brakes on making any final investment decision, announcing a delay until global markets improve.

LNG Canada — a partnership of Royal Dutch Shell, Korea Gas, Mitsubishi and PetroChina — made the announcement Monday, throwing more cold water onto the B.C. government's hopes to complete such a deal before next year's provincial election.

The B.C. Liberals made a massive LNG jobs boom a central plank of their 2013 election campaign. In an earlier interview, Clark said the "market is terrible right now," but said a final decision on at least one project remained her hope.

"We hope that we will get to a final investment decision — that one of them will — before the next election," the premier said in a Metro editorial interview June 27. "That's an important milestone, but things are still happening and thousands of people have been employed as a result of the work that's been going on. Whether or not we get to that before the election, I think we will get to it.

"And we haven't seen any of these projects get stopped, so that's good."

But such hopes are simply not realistic, according to Kenneth Medlock, Baker Fellow in Energy and Resource Economics at Rice University.

"B.C. LNG faces multiple issues, so to focus on the current market situation is a little myopic," the Houston-based senior director of the Center for Energy Studies told Metro. "For B.C. LNG, you're last in the pecking order there.

"Then I could imagine a situation where one B.C. LNG project might look viable. But if the demand is gradual — and you can anticipate that — there are lots of other projects much more attractive than something in B.C."

Medlock also questioned Clark's statement to Metro that, "We've seen $20 billion spent so far, so there's been a lot of work that's happened in terms of all the survey work, all the land-clearing work — $20 billion is a lot."

"Wow, that seems too big," he reacted, "way too high. It's hardly a $20-billion price tag to construct an entire terminal."

Meanwhile, the New Democrats provided Metro with documents they obtained through Freedom of Information, in which the Natural Gas Development Ministry's senior public affairs officer emailed staffers in late 2015 seeking any positive news about LNG.

In a Nov. 30, 2015 email titled "Anything to announce," Darren Beaupre asked, "Are you able to canvas key people within LNG (task force) and see if any ministry projects/developments could warrant a public announcement (news release or otherwise) over next month or so?"

Less than an hour later, he followed up with an email adding: "Anything that signifies completed work by ministry that helps LNG move forward."

Policy and decision support director Kursti Calder replied: "I am not aware of any — do you have anything."

According to Green Party of B.C. Leader Andrew Weaver, the government's natural gas hopes have created a "very, very fragile economy" in the province.

"We've had a government that has fixated itself on a hypothetical LNG industry that is neither here nor will it come any time soon," the Oak Bay-Gordon Head MLA told Metro. "We're training all these people for LNG, and it's not going to happen … It was not economically viable, and it won't be any time soon."

WITH FILES FROM THE CANADIAN PRESS

Natural gas is burned off in the background as Christy Clark visits the Encana compressor site in Dawson Creek in April 2013.
JONATHAN HAYWARD/THE CANADIAN PRESS

> **To focus on the current market situation is a little myopic … For B.C. LNG, you're last in the pecking order there.** Kenneth Medlock,

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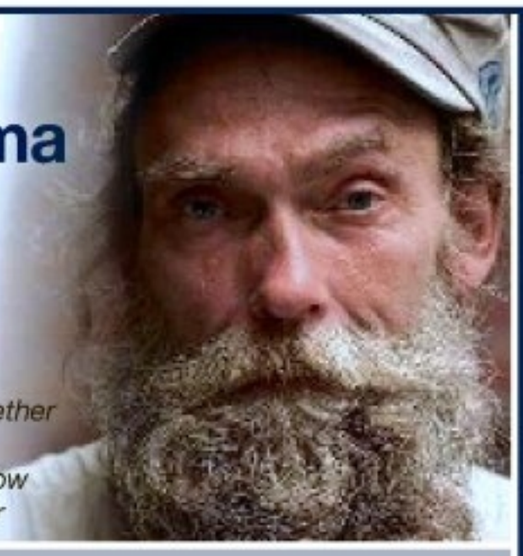

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Crow's popularity soars

ART

Work inspired by bird is on display at Roam Gallery

David P. Ball
Metro | Vancouver

The sociable and sometimes mischievous Vancouver crow that has soared to fame this year now has his own art show.

Shawn Bergman, who became friends with the infamous bird over a year ago, hatched the idea of an exhibition after the Facebook page he set up — "Canuck and I," which is nearing 30,000 "likes" — started getting fan-art submissions from as far away as California, Chicago and across Canada.

"I had the idea to do something involving Canuck and art," the 40-year-old told Metro. "I have a lot of fan art sent to me — mainly paintings and drawings."

The art included one painting in a "Picasso-esque style," Bergman said, as well as more conventional realist paintings and his own extensive photography of Canuck.

Hoping to issue a wider call-out for submissions, he even asked Canuck directly for help getting the word out in late May, joked Jennifer Daerendinger, who is co-organizing the Canuck art exhibit at Roam Gallery.

"Shawn asked Canuck to get PR for artists to do something," she told Metro, "and three days later he grabbed the knife."

The knife in question was an essential part of a crime scene, dropped by a suspect who had stabbed himself with it before being shot and hospitalized by Vancouver police. Though some media reported Canuck stole the knife from the scene, in fact the crow merely picked it up for a few moments before setting it down.

Shawn Bergman displays some of the artwork inspired by Canuck the crow at the Roam Gallery in Vancouver. COURTESY SHAWN BERGMAN

> **For some reason he attached himself to me. Wish I had an answer for why.**
> Shawn Bergman

Shawn Bergman's landlord introduced him to the personable crow more than a year ago. Since then, he's been interviewed live on CBC television and become an East Vancouver fixture.

"For some reason he attached himself to me," Bergman recalled. "Wish I had an answer for why."

The Roam Gallery exhibit will include some of his own photographs of Canuck, and Bergman plans to donate part of the proceeds of his sales to Surrey's Greyhaven Exotic Bird Sanctuary.

He decried what he called "ignorant" perceptions about Vancouver's crows, particularly negative attention that came with a "crow attack map" documenting aggressive diving behaviour, which Bergman said was actually just the birds trying to defend their young from predators.

For the gallery's Daerendinger, it's no surprise that the exhibit has captured attention abroad, since Canuck's fame has reached international media.

"Everybody knows Canuck!" she said, adding that an exhibit is a fitting tribute to a famous crow.

"Now it's finally happening. It's come to fruition."

The Canuck and I Art Show will be displayed until July 30 at Roam Gallery (in City Square Shopping Centre, by appointment). A public "meet the artists" event will be held this Saturday, 6 p.m. For more information visit roamgallery.com.

BYLAW

Noise complaint calls spike

New statistics indicate peace and quiet can be a disappearing commodity in some Vancouver neighbourhoods.

Data from Vancouver's 311 call service reveals 2,148 noise complaints were received in 2015, almost double those received just four years earlier.

More than half originated in just five of the city's 22 neighbourhoods, led by 421 complaints from the Yaletown and downtown area and 264 in the west end.

Other noisy neighbourhoods include Mount Pleasant, Kitsilano and Grandview-Woodlands, with more than 100 noise complaints in 2015, while Oakridge, South Cambie and Arbutus rank as the quietest areas, with 30 complaints or fewer.

Chief licensing inspector Andreea Toma says higher volumes are tolerated in busier neighbourhoods, such as the downtown core, but she says noise bylaws apply everywhere and carry fines of up to $500.

Toma says the soaring number of complaints might also reflect a growing familiarity with Vancouver's 311 service line but adds the city is not downplaying problems caused by repeat offenders.

"We are looking into creating a nuisance bylaw ... where we have the ability to put a charge onto the property owner because they keep becoming a nuisance to the neighbourhood. We've been called there once, twice, three times," she says.

Noisy nightlife, after-hours construction and loud mechanical equipment, such as air conditioners, top the list of complaints, says Toma.

Vancouver may have to review and adjust acceptable noise limits in various neighbourhoods to reflect increasing densification, she adds. THE CANADIAN PRESS

A tent city established on July 9 has grown to more than 40 tents as DTES residents demand action on affordable housing. JEN ST. DENIS/METRO

Hastings Street's tent city grows

COST OF LIVING

Movement protests lack of affordable housing

Jen St. Denis
Metro | Vancouver

Downtown Eastside residents and activists are vowing to continue their occupation of a city-owned lot on Hastings Street after being turned away from a July 12 Vancouver city council meeting.

The group of around 30 people was attempting to put homelessness on the agenda and wanted Mayor Gregor Robertson to visit a tent city that was established on July 9 at 58 West Hastings St. As a compromise, the protesters accepted a meeting with Robertson at city hall.

"There's a real consensus in our community that that city-owned lot needs to be developed with 100 per cent social housing at welfare rates for people in the community," said Ayanis Ormond, a member of the Vancouver Area Network of Drug Users (VANDU).

"There are condos going up every single day and nobody can afford to live in those."

The tent city started with about 20 tents on July 9, but has now grown to 44 tents and roughly 60 people, Ormond said. A separate group of people is currently occupying an empty apartment building in Burnaby to protest displacement and a lack of affordable housing options in the region.

Barbara Nepinak said she is living in the DTES tent city because of deplorable conditions in the privately owned single room occupancy hotel she lives in.

"There's bedbugs, there's cockroaches, rats running through," Nepinak said. "They gave us a bed with bedbugs and I had to deliberately throw that bed out."

The same vacant lot was the site of a months-long tent city occupation leading up to the 2010 Olympics. The current tent city was established Saturday after a march through the Downtown Eastside to call attention to housing issues, Ormond said. The city's annual homelessness count showed the number of homeless people at a 10-year high in 2016.

Earlier this month a provincial court judge ordered a tent city in Victoria to shut down because of safety concerns.

Fund supports to prevent domestic violence: Advocate

Anti-violence advocates say physically abused women need more than police assistance to leave harmful relationships and they're calling on governments to spend more on community supports.

The issue is coming to light once again after murder charges were announced against a father accused of killing his wife in a house fire east of Vancouver.

Domestic violence is an epidemic, said Angela Marie MacDougall, executive director of Battered Women's Support Services in Vancouver.

The organization's work suggests women who access community services are more likely to successfully leave abusive relationships, MacDougall said, but a lack of funding has limited what they can do.

"We have only been able to scratch the surface, unfortunately," she said. "That is due to the lack of political will."

They have not been able to track a single domestic homicide where a woman has received support from a women's organization, she added.

Police were initially responding to reports of a domestic assault in Port Moody, B.C., Sunday but officers arrived to find the house in flames.

Five children were rescued from the second-storey roof. Their mother died of her injuries.

Staff Sgt. Jennifer Pound with the Integrated Homicide Investigation Team said Monday the woman's husband has been charged with second-degree murder and two counts of arson causing bodily harm.

His name is not being released to protect the identity of the couples' children, ranging in age from five to 18. Pound said he does not have a criminal record.

Only 10 to 25 per cent of women report victimization to police, owing to many complex factors tying a woman to a relationship, she said. Instead, they tell support organizations, coworkers, family and friends.

THE CANADIAN PRESS

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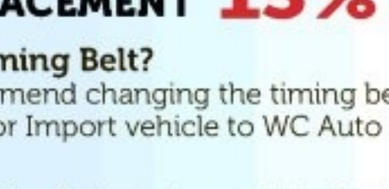
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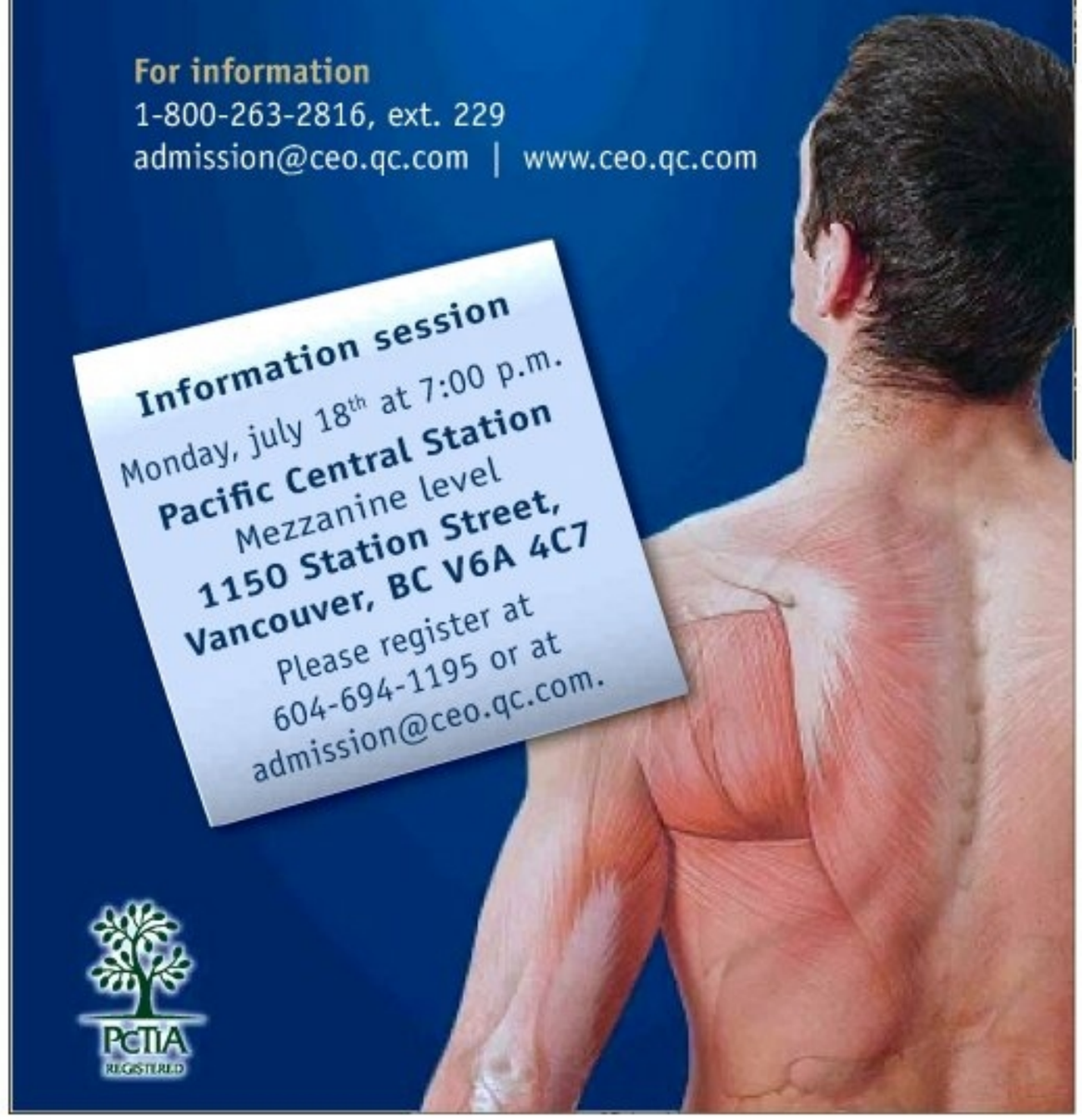

UKRAINE A DRAMATIC END TO EASTERN EUROPEAN VISIT Canadian Prime Minister Justin Trudeau and his son Xavier watch Ukrainian military exercises with Canadian military instructors on Tuesday at the International Peacekeeping and Security Center in Yavoriv, near Lviv. They watched through binoculars as a Soviet-era armoured personnel carrier led a group of Canadian and Ukrainian soldiers toward a wooden building. The air shook as the vehicle's cannon fired several bursts in quick succession. AFP/GETTY IMAGES & THE CANADIAN PRESS

'We miss her, and we want her back'

CALGARY

Amber Alert issued for girl after her mom was found dead

Lucie Edwardson
Metro | Calgary

The family of Taliyah Leigh Marsman made an emotional plea for the five-year-old's safe return at a public press conference over noon Tuesday.

An Amber Alert was issued for the youngster after her mom, Sara Baillie, was found dead in a northwest Calgary home early Tuesday.

Flanked by cousins, caregivers, and co-workers of the little girl's mom, Taliyah's great uncle, Scott Hamilton, did most of the speaking at the Calgary police headquarters.

"To those who have taken Taliyah Leigh Marsman, please return her," he said. "Drop her off at an RCMP station, or a Calgary Police Service station, grocery store, gas station — wherever you want. Contact the family to come pick her up. There'll be no questions asked. We love her, we miss her, and we want her back."

Family described Taliyah as a little girl who was very mature and appeared older than her five years. They stressed the pronunciation of the little girl's name — Ta-LEE-ah — noting she might not respond to other pronunciations. The family last had contact with Taliyah Sunday morning.

Insp. Don Coleman of the major crimes section said they haven't labelled anyone as a suspect, but are pursuing all investigative avenues.

"We're starting with her inner circle and working our way out," he said.

Coleman said their primary goal is to bring Taliyah home.

"We're doing everything we can to get as much information out there to have Taliyah safely returned," he said.

Babysitter Keisha Meas describes Taliyah as a loving child.

"She loves to dance, play, make new friends," she said. "She's just so friendly and loving and caring."

EQUALITY

Anglicans approve same-sex unions after finding vote error

Questions about the integrity of the voting process in which Anglicans narrowly rejected a resolution to allow same-sex marriage emerged Tuesday, leading to a stunning reversal of the result that had caused anguish among many members.

A few delegates to the six-day General Synod stood up just a couple of hours before the session was to close to say their votes had not been recorded during voting late Monday — when passage of the resolution failed by a single vote.

"That is an issue of concern," Archbishop Fred Hiltz, primate of the church, responded.

To pass, the resolution required two-thirds approval by lay, clergy and bishops. The clergy failed to reach that threshold by one vote, which was not counted because it was wrongly attributed to a lay member.

The error was discovered after delegates requested a detailed hard copy of the electronic voting records.

"That is our reality," Hiltz told stunned delegates. "That the motion is in fact carried in all three orders."

He then declared the resolution in favour of same-sex marriage passed.

"Same Sex marriage. In the church. In my lifetime," tweeted Lauren Bryant-Monk, of Halifax. "I'm so proud to be Anglican today." THE CANADIAN PRESS

Obama pays tribute to slain officers

U.S. President Barack Obama speaks during a memorial service for the victims of the Dallas police shooting. AFP/GETTY IMAGES

TEXAS

'We are not as divided as we seem,' president says

President Barack Obama urged Americans rattled by a week of violence and protests to find "open hearts" and new empathy Tuesday in a speech that seesawed between honouring police officers for their bravery and decrying racial prejudice that can affect their work.

Obama stood next to five empty chairs for the white police officers killed last week by a black man seeking vengeance for police killings. Behind him, underscoring his message of unity: Dallas police officers, a racially diverse church choir and local officials who ranged from black police Chief David Brown to former president George W. Bush, a Dallas resident.

Obama sought to reassure the nation that he understands the impact of the unsettling events of the past week — including the killing of two black men by white police officers as well as the Dallas attacks.

Disturbing videos of the events have "left us wounded and angry and hurt," he said. "It is as if the deepest fault lines of our democracy have suddenly been exposed, perhaps even widened."

Undaunted, the president urged Americans to cast aside such doubt and replace it with faith in the nation's institutions and progress.

"Dallas, I'm here to say we must reject such despair. I'm here to insist that we are not as divided as we seem. And I know that because I know America. I know how far we've come against impossible odds," he said.

THE ASSOCIATED PRESS

LOUISIANA

Three arrested in plot to kill police

Police arrested three suspects and were seeking a possible fourth suspect accused of stealing several handguns as part of what authorities Tuesday described as "substantial, credible threat" to harm police officers in the Baton Rouge area.

The arrests come at a time of heightened tensions after the deadly police shootings of black men in Baton Rouge and Minnesota and the killing of five police officers in Dallas last week.

Authorities in Baton Rouge discovered the alleged plot while responding to a burglary at a pawn shop early Saturday morning, Baton Rouge police Chief Carl Dabadie said in a press conference. The first suspect arrested told police that "the reason the burglary was being done was to harm police officers."

"We have been questioned repeatedly over the last several days about our show of force and why we have the tactics that we have. Well, this is the reason, because we had credible threats against the lives of law enforcement in this city," he said.

THE ASSOCIATED PRESS

Hillary Clinton and Sen. Bernie Sanders wave to supporters Tuesday in Portsmouth, N.H. ANDREW HARNIK/THE ASSOCIATED PRESS

U.S. ELECTION

Bernie endorses Hillary as 'the best'

With hugs and handshakes, Bernie Sanders endorsed Hillary Clinton for president on Tuesday and emphatically told his supporters their "political revolution" must now turn to electing his Democratic former rival.

Sanders bestowed his long-awaited support before a boisterous New Hampshire crowd, declaring he wanted to make it "as clear as possible as to why I am endorsing Hillary Clinton." He vowed to do everything he could to help her defeat Republican candidate Donald Trump.

"This campaign is about the needs of the American people and addressing the very serious crises that we face," Sanders said. He added: "And there is no doubt in my mind that, as we head into November, Hillary Clinton is far and away the best candidate to do that."

As Sanders delivered the endorsement just two weeks shy of the Democratic National Convention in Philadelphia, Clinton offered a huge smile, embracing him as they raised their arms in unity. Clinton said the final four months of the campaign would be "much more enjoyable" working alongside Sanders and echoed her campaign slogan, "We are stronger together."

During much of her remarks, Clinton embraced many of Sanders' causes, vowing to oppose trade deals like the Trans-Pacific Partnership, fight to raise the minimum wage and overhaul campaign finance.

THE ASSOCIATED PRESS

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Your essential daily news
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ROSEMARY WESTWOOD
ON BLACK LIVES MATTER'S GRACE

Coverage of the group has revolved not around the issues. It's revolved around how white mainstream Canada feels implicated. So in every exchange with the press, the movement's leaders have been forced to defend their existence.

Toronto's Black Lives Matter organizers often talk of playing the long game, as if standing on some high vantage point from which a future vista can be glimpsed.

For Rodney Diverlus — a frequent spokesperson — that vista is free of anti-black racism, and devoid of a militarized police. The long game, he says, offers sustained motivation. The long game may even serve to temper expectations, when events like the Dallas massacre of five police officers upends a conversation about violence against black people, and fuels a counter-narrative of police under attack. From the outside, the long game seems like a survival mechanism. From the outside, it's seems to give the Toronto chapters its signature, striking elegance.

Last week was a tumultuous one for the group, which has agitated for Canada's biggest city to recognize and dismantle systemic racism, most notably in policing, for the past two years. There was the distress of two police shootings of black men almost back-to-back in the U.S., followed by Dallas. Before all three events, the group had whipped up a Canadian controversy when they halted the July 3 Toronto Pride parade for 30 minutes. They unveiled nine demands for organizers, all focused on black and racial-minority visibility and support at the event, except for one, which called for an end to police parade floats.

Predictably and swiftly, the press pounced and, mostly ignoring the eight demands, went for the jugular on the ninth. Mainstream outlets of supposedly conflicting political stripes struck a homogenous tone: Black Lives Matter was rude, a bunch of bullies, the antithesis of Pride's inclusivity. There was a widespread suspicion of their tactics, a general agreement that the group had only hindered its own cause. By the time media began publishing a lesser number of alternate reactions — suggesting such knee-jerk condemnation revealed a willful misreading of the deeply political nature of Pride events — the tone had been set. Black Lives Matter was the bad guy. As it's been from its inception, for fairly simple reasons.

BLM's tactics offend our Canadian gentility, and its premise underlines a pervasive racism we do not wish to see

GRACE UNDER FIRE Rodney Diverlus of Black Lives Matter Toronto speaks at a news conference on July 7. CP

The group is an affront to Canadian society on two levels: Its tactics offend our Canadian gentility (How rude! They held up a parade! And they didn't even ask first!) and its premise underlines a pervasive racism we do not wish to see (What are they complaining about? We're all friends here!).

Racism in Canada — against black people, indigenous people, Chinese people, and on and on — is not exactly splashy. Having tinted our entire culture like a dye, lacking the explosive, Jackson Pollock pigment patterns found in America, it allows many of us the option of ignoring it.

Thus, from the start, the coverage of Black Lives Matter protests (shutting down a major Toronto road; camping outside police headquarters) has revolved not around the issues that spawned them, like black incarceration rates, poverty rates and education rates. It's revolved around how white mainstream Canada feels uncomfortably implicated.

In every exchange with the press, the movement's leaders have been forced to defend their existence in the same breath as they advocate for change. Surly a tiresome task, but Black Lives Matter spokespeople rarely show it. And last week especially, in the face of a maelstrom of tone-deaf condemnations from the press, its leaders were unflappable.

There was, for example, the graciousness of Diverlus on the CBC's Power and Politics show, as he explained why activism is in the DNA of all Pride events. There was the clear and controlled oped in Now magazine from Janaya Khan, who claimed progress in the midst of a maelstrom of police balking, Pride backtracking (organizers signed up to the demands to get the parade going, then later reneged), and reproach from Toronto mayor John Tory.

"For our issues to be taken seriously in the media" — even just to get coverage — "there's a particular decorum that people will respond better to," Diverlus told me. "The issues on the ground are complex, they're tricky, they're murky, they're emotion-filled." But activists cannot afford to be. "I feel unable to express my rage, my full extent of my rage, because I'm already seen as being only full of rage."

And so they play the game, taking the flack, racist and otherwise, of putting your face to such a widely unpopular cause, then responding straight-faced when a TV reporter asks if the next target is the Santa Claus parade.

We — the media, the mainstream — demand such stoicism, and then we fetishize it. Take the newly deemed "iconic" photo of the black woman in Baton Rouge, statuesque as she's swarmed by riot-gear police. Notice that hundreds of photos taken before, where Black Lives Matters protesters didn't go quietly, have not met the "iconic" standards.

That some activists do sit on such a pedestal is not a measure of their nobility, but those activists deserve a unique kind of respect.

The scope of Toronto Black Lives Matter's impact can be debated, but not its grace or dignity.

Parents should make most of Pokémon Go

Catherine Little

It has been eight years since Pokémon fever raged at my house, so I was intrigued to hear about Pokémon Go, the incredibly popular augmented-reality smartphone game.

The idea is to use your phone's GPS to go to real places and "catch" virtual Pokémon. I have read a few articles describing the dangerous situations players have found themselves. And on Monday, I saw a segment of the CTV show The Social in which the hosts despaired for the future of humanity because people were wasting their time trying to become Pokémon Masters.

So far I've heard nothing about the game's potential learning opportunities. As a mom and teacher, I can tell you if we could harness and utilize the power of Pokémon, we would be able to reach a lot of children we might characterize as reluctant learners.

When Pokémon became the "big thing" at my son's school he was 6 and he wanted to collect the cards. I recalled that when my younger brother was interested in Pokémon, the cards were used to play a game, so I taught myself how to play. In addition to understanding my son's interest, I realized I could use it to help him learn to read.

I was right. Because he was highly motivated to learn the strengths and weaknesses of each character, it took him mere weeks to figure out how to decode the information on the cards. He also practiced basic addition and subtraction, which enabled him to track characters' health points. Most importantly, he used higher-order thinking skills to build winning decks, wherein each of 60 cards complemented the others.

Eventually, we attended events and tournaments and met an incredibly friendly community. Experienced players were happy to mentor my son and share their knowledge and resources. I noticed that the best players were very smart but not necessarily motivated at school.

So far, Pokémon Go has been blamed for being so distracting that players are hurting themselves and neglecting their real-life relationships, but I see learning potential in this game too. Parents could use it to teach mapping and responsible use of GPS, as well as financial-literacy (e.g., how to manage the limits of a mobile-data plan). Parents can help their children learn to balance the game with their other responsibilities and teach them when it might be inappropriate to play.

Finally, this game requires players to go outdoors. Early reports are that it has been very successful in motivating people who might spend most of their time inside in front of a screen to explore ravines, parks and other natural areas. As a former outdoor education program co-ordinator, I know this is an important first step. So instead of fighting against it, it might be worth investigating how to leverage the teaching potential of something players find so highly motivating.

Catherine Little is an educator and consultant who writes about parenting, education and diversity

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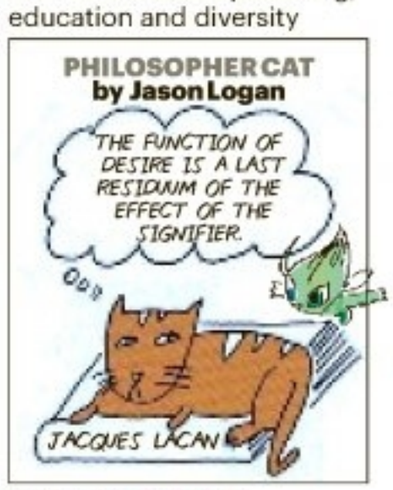

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Ghostbusters firehouse in NYC is undergoing a $6M renovation to be finished in 2017

Jamie Oliver's food emergency

EXCLUSIVE Q&A

Celeb chef on meatless Mondays and cheering on 'wonky veg'

Melita Kuburas
Metro | Canada

Food activism is a priority for celebrity chef Jamie Oliver.

Recently, he has made an effort to cut his meat consumption to less than three times a week, Oliver tells Metro in an email interview. He is also excited to see U.K. grocery stores selling "wonky veg" (or "ugly" produce, as it's known in North America) to reduce food waste and make fresh ingredients cheaper and more accessible.

We chatted with Oliver, who just opened his second Jamie's Italian location in Canada at Square One shopping centre in Mississauga, Ont., about his passion as he eyes expanding the restaurant across Canada.

Your first North American restaurant opened in Toronto last year and now we're getting a second. What have you learned about the scene here?
I think people in Greater Toronto are very savvy when it comes to food — they love the idea of being in a comfortable and casual environment, but really see the value in what we do. I think they definitely appreciate the sourcing behind and the quality of the ingredients we use, and at the same time, love the simple style of our food and the accessible environment.

You have been a big supporter of getting children to eat healthier through school programs like Feed Me Better. What did you learn?
OK, it's been over 10 years since the first School Dinners campaign so I've learnt a lot, but I guess one of the most important things is that, in general, kids love to have ownership over the food they eat. Getting them involved in growing and cooking from an early age, will mean that they're much more likely to eat a wide range of foods as an adult. In the U.K., we have the Kitchen Garden Project, which helps schools to create kitchen gardens — the children look after, nurture and grow food, and go on to use their produce in a whole variety of lessons. They end up cooking and eating all kinds of fantastic food — it's inspiring to see.

What do you see as the next big cause you would like to throw your support for?
The current campaign, which is the global Food Revolution to tackle the worldwide problems of obesity and diet-related disease, is very long-term and I have no doubt that I'll still be working on it when I'm 90. We're at a point in history where we absolutely have to take urgent measures to help people all over the world to feed themselves better and keep themselves healthy. So there's one big campaign that is my focus now and for the foreseeable future.

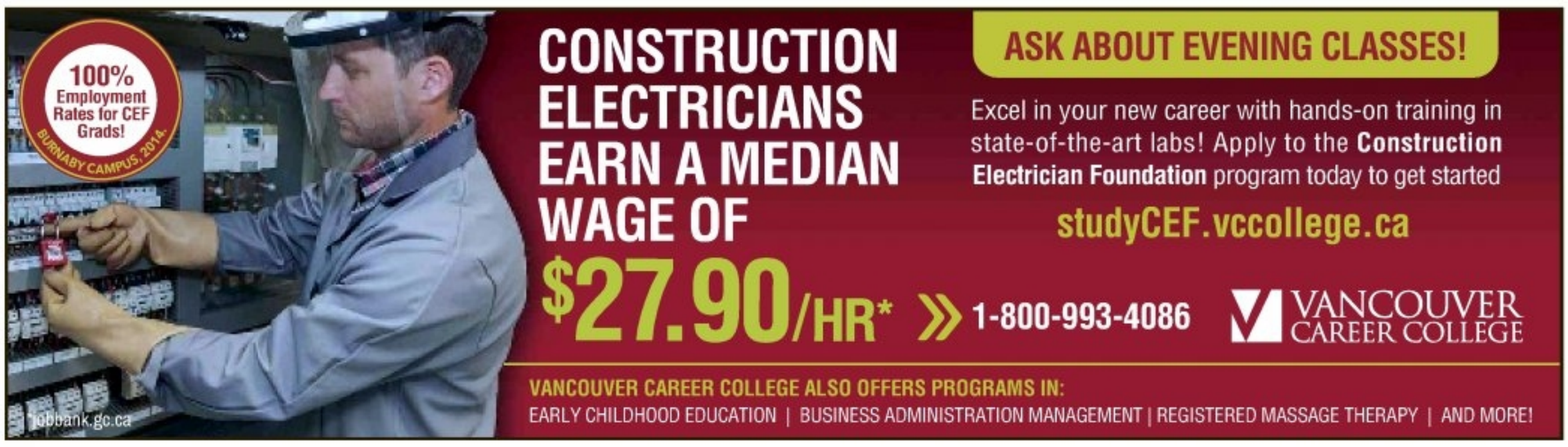
What environmental issues do you see as being pivotal to ensuring the continued availability of affordable healthy food around the world?
I think one of the main issues is meat consumption. I'm a carnivore, but I've cut down considerably and now I probably only eat meat two or three times a week. I've ramped up my veggie meals in the last few years — it started with Meat Free Monday, and expanded from there — not only does it make me feel better, but also it's better for the planet.

A lot of studies have shown there is a "grocery gap" in urban centres with healthy food being more difficult to get in some neighbourhoods. What do you see as the biggest barrier to healthy eating for urbanites?
Yes, this is a real problem in cities, and it's one of the many areas where I think governments and retailers can make a real difference in ensuring that customers on all budgets have access to fresh vegetables and fruit. In the U.K., one of our supermarkets started selling "wonky veg" — that's perfectly good veg which would otherwise be thrown away before it gets to the shops because it's not quite perfect — and that's an exciting development. Until we make fresh ingredients more affordable and accessible, we're not going to be able to properly solve our issues with diet-related disease.

What will be your favourites on the menu at the new Jamie's Italian?
You've got to try our organic pork chop from Du Breton, a third generation family run business — it's super-juicy and incredibly tasty! One of my all-time Jamie's Italian favourites is the Turkey Milanese, made with oozy fontina cheese from the Val de Austa and San Daniele prosciutto. I'm also a big fan of the Super food salad— with a little bit of everything, from lentils, seeds and pops of pomegranate, to creamy avocado and a hit of harissa, it's jam-packed full of goodness.

We're at a point in history where we have to take urgent measures to help people all over the world to feed themselves better.
Jamie Oliver

Jamie Oliver's second restaurant in North America opened in the Greater Toronto Area, and he's eyeing an expansion across Canada. CONTRIBUTED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RECIPE

Safe-to-eat cookie dough

This recipe makes two servings. TORSTAR NEWS SERVICE

Lovers of raw cookie dough, don't despair.

The U.S. Food and Drug Administration recently had to remind everyone to not indulge in this favourite unbaked treat after General Mills recalled 10 million pounds of flour containing a strain of E. coli, which gave dozens of people food poisoning.

The uncooked eggs in cookie dough have always presented a risk of salmonella, although a low one thanks to pasteurization. Health Canada recommends against eating raw cookie dough for this reason. Now we're told that eating uncooked flour can also lead to illness. This is because flour isn't heat- or pressure-treated to kill bacteria during the production process.

A quick online search for raw cookie dough recipes yields many eggless recipes but many contain raw flour. So as purveyors of everything delicious we feel the need to make a more updated cookie dough recipe that's actually safe to eat.

We took out the eggs and played with flour replacements. We settled on grinding rolled oats in a spice/coffee grinder to a fine powder; they have the most neutral flavour, and gave the dough a similar consistency to regular cookie dough. But can this dough be baked? Out of curiosity we took heaping teaspoons of the dough and baked them on a lined baking sheet for 15 minutes at 350F (175C); then let them cool to room temperature. The cookies turned out flat since there's no leavening agent but they come out crispy and gooey, so if you like that it's a two in one.

Classic chocolate chip cookie dough

Ingredients:

- 1/4 cup (60 mL) room temperature unsalted butter
- 3 tbsp (45 mL) granulated sugar
- 1/4 cup (60 mL) brown sugar
- 1/2 tsp (2 mL) vanilla extract
- 1 tbsp (15 mL) milk
- 1/4 tsp (1 mL) kosher salt
- 3/4 cup (160 mL) finely ground rolled oats
- 1/4 cup (60 mL) semisweet chocolate chips

Directions:

1. In a medium mixing bowl, mix butter and sugars with rubber spatula until smooth.

2. Add vanilla, milk and salt. Mix until well-incorporated. Fold in ground oats and chocolate chips until smooth. Serve immediately or refrigerate for a stiffer texture.

TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Fast food

Summer road trips often mean fast food, so choose wisely. Salads are not always what they seem to be!

PICK THIS

Wendy's Ultimate Chicken Grill Sandwich

Calories 380
Fat 8g
Sodium 1010mg

SKIP THIS

Wendy's Taco Supremo Salad

Calories 700
Fat 37g
Sodium 1790mg

HERE'S WHY

Equivalent to 6 pieces of KFC Original Recipe Chicken Breasts

If you're skipping the burger for a perceived healthier alternative such as a salad, make sure to take a closer look. Wendy's Taco Supremo Salad does as much damage as their Son of Baconator double cheese and bacon burger. Their Ultimate Chicken Grill Sandwich is a filling yet lighter choice, shaving off over half the calories and 4.5 times the fat.

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JOHANNA SCHNELLER
WHAT I'M WATCHING

What does UnREAL's Rachel want?

Rachel is a complex character, but it's unclear what her end game is in UnREAL. CONTRIBUTED

THE SHOW: UnREAL, Season 2, Episode 6 (Lifetime)
THE MOMENT: The bruise photos

Reality-TV producer Rachel (Shiri Appleby) lies on the floor of the wardrobe trailer, shaken. Her ex-boyfriend Jeremy (Josh Kelly) has just grabbed her arm and hit her in the face. Her boss Chet (Craig Bierko) threw Jeremy out.

"Jeremy can't get away with this," Rachel says. "He didn't, I fired him," Chet replies.

"Well, I'm going to go to the police," Rachel says. "I'm not going to be another silent woman."

"You sure you want to do that to Jeremy?" Chet asks. "You sure you want to do that to us? Jeremy knows where all the bodies are buried around here."

"Did you see what he did?" Rachel protests.

"Yeah," Chet says. "But it's our word against his, and if he talks — this has to stay in the family."

Rachel seems to accede. But when Chet leaves, she photographs her bruises with her phone.

As we saw in Season 1, Rachel is a complex cookie. Super-smart, she knows how to manipulate people, but she's also mentally unstable, an emotional grenade with a loose pin.

The fun of this show is the conundrum — how low would you go if that was your job?

At this point, though, what Rachel wants is utterly unclear. It's one thing to ricochet between sabotaging your show and yourself across a season. Now she's doing that several times per episode. So a few scenes later, when she deletes the bruise photos from her phone, we're supposed to be yelling "No!" at the TV. But I'm wondering, "So soon?" And, "Am I still rooting for her?"

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEF

Diversity buzz surrounds Emmy Awards

In contrast to the Academy Awards, slammed for overwhelming whiteness, the 68th Emmy nominations to be announced Thursday could play to TV's strength, its relative willingness to give more viewpoints and more people, including minorities and women, a seat at the table.

Black-ish, Roots, Fresh Off the Boat and other shows vying for recognition make the point. The hit sitcom "black-ish," which has masterfully teased insight and humour out of troubling issues including police brutality and the casually used N-word, is poised to have a breakout showing for its sophomore season.

Anthony Anderson, seen left, who received the show's sole 2015 nod as lead comedy actor, should expect a second and, this time, be joined by his worthy leading lady, Tracee Ellis Ross. The show itself, from creator Kenya Barris, is in the hunt for top comedy honours.

"I think it's going to have a major (Emmy) presence," said Tom O'Neil, editor and president of the Gold Derby awards handicapping website. "It's critically respected, it has a strong viewer base and it's about diversity at a time that's a pressing issue across Hollywood."

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Canada still a grey area for viral game

POKÉMON GO

Players have lost gaming privileges, reports say

Genna Buck
Metro Canada

Never mind the risks of wandering into traffic, getting arrested for trespassing or even stumbling upon a dead body. What Canadian Pokémon GO users are most afraid of is getting banned from the viral new virtual-reality game.

There are unconfirmed reports of Canadian players having their accounts locked or gaming privileges revoked on the mobile app. Neither the developer, Niantic, nor the publisher, Nintendo, has commented about the rumours publicly.

Pokémon GO has not been officially released in Canada, but that hasn't stopped diehard fans. They've accessed it on iPhones by opening an American iTunes store account or on Android phones by downloading pirated versions of the program.

Neither option is endorsed by the company. But using Android application (APK) files from questionable internet sites, called "sideloading," comes with the additional risk of picking up nasty malware that could steal personal information.

But can Nintendo really see if you're playing pirated Pokémon GO on your phone, and reach in and stop you?

Though this hasn't been confirmed, it's totally possible and no hacking would be required, says web developer and coding instructor Ryan Christiani of Toronto's Hacker U.

"It's not released in Canada yet, so anybody with a Canadian-registered device would automatically be flagged, I assume. And if (GPS shows) your activity is in a region of the world that is not part of the release, that's another way they could tell," Christiani said.

The only obstacle for Canadians who are hell-bent on playing Pokémon GO right now is getting the app onto their phones, Christiani explained. Once it's downloaded, they can log in with a Pokémon or Google account and start chasing critters around the neighbourhood.

Pirated versions are not fakes. Canadian players are using the company's servers, which is why Niantic is free to lock people out if they violate its terms of service.

IN CANADA

- The app is only available in the U.S., New Zealand and Australia. The Canadian release has been delayed because so many people have piled into the game that they have overwhelmed the company's servers.

Pokémon GO has not been officially released in Canada, but that hasn't stopped diehard fans. TORSTAR NEWS SERVICE

REACTION

Canadian fans lose patience

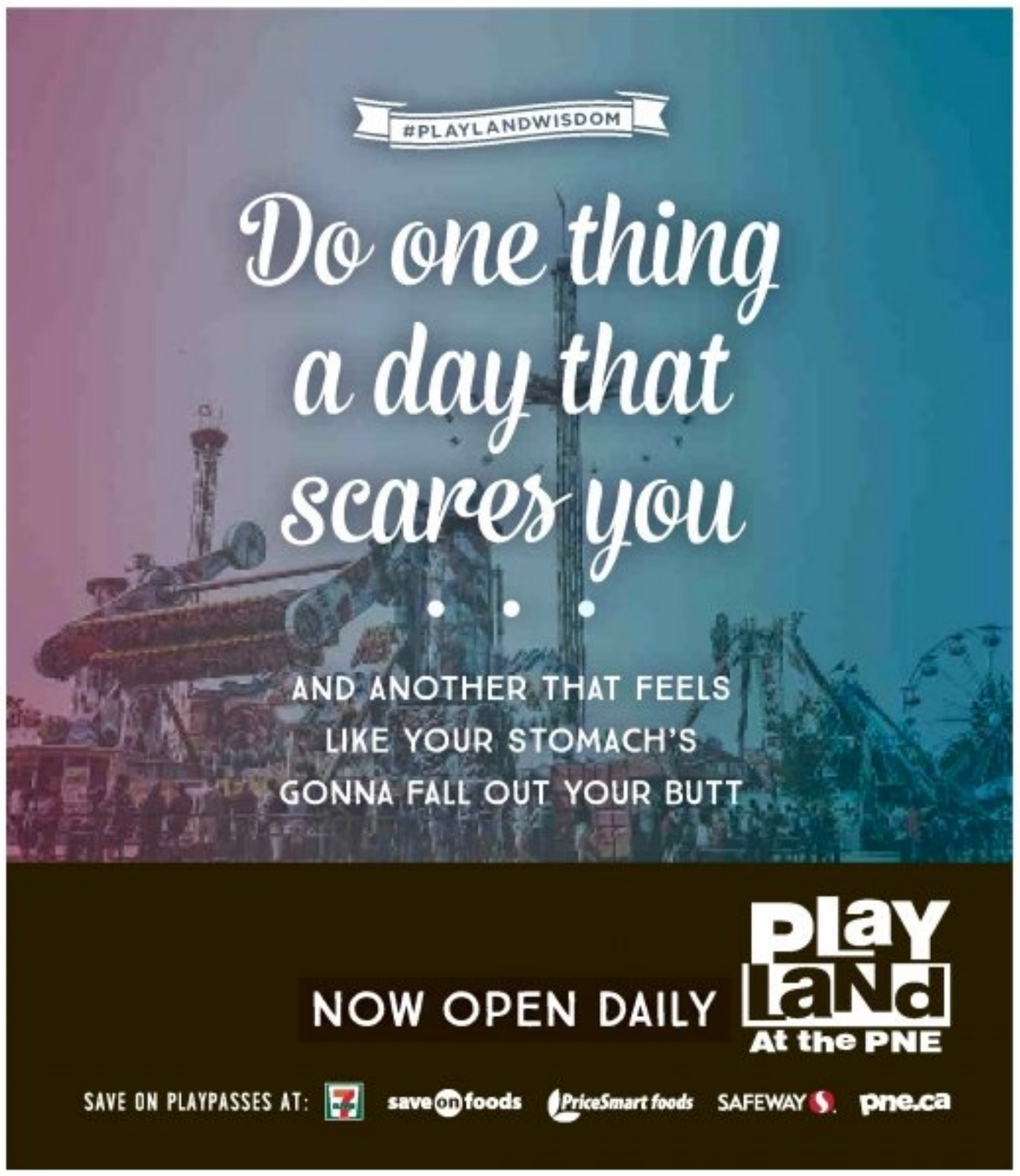
Canadian Pokémon fans (or Pokémaniacs or Pokéholics, depending on who you ask) are past patiently waiting for the new augmented-reality app Pokémon GO. On social media they're crowing at Nintendo and Niantic to hurry up and get the game to the Great White North.

"(I'm) losing my mind," said Mike McDonald of Hamilton, Ont. in a tweet to Metro. "I check Twitter and the App Store every five minutes," echoed Isaac Hatcher of Whitby, Ont.

But unlike many bandwagon-jumping events of the past, there hasn't been much hostility towards newcomers.

"I think every Millennial wants to try Pokémon GO at least a little bit," said Samantha Emann, Metro's resident video game expert and co-host of the e-sports podcast Scrub League. "Pokémon hipsters are not a thing. Everybody was into it. Even if you weren't into it, you knew about it." GENNA BUCK/METRO

Follow Samantha Emann on Twitter @smemann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Old fashioned fun at the midway

It's OK to act like a kid sometimes. That's the policy at Playland. The Vancouver landmark is now in full swing for the summer, with fun for everyone who's a kid at heart.

It isn't just about the epic rides, however. The more than 20 games in the park's midway are a ridiculously fun place to test your reflexes and hone your hand-eye coordination.

Try your hand at Ring Toss, play the custom-built Whac-A-Mole, and lots more. Many of the games were lovingly constructed to recreate classic midway stalls.

The experience wouldn't be complete without the midway food. Playland has a huge selection of food including pizza, burgers, fries, ice cream and many more midway snacks like traditional mini donuts, cotton candy and candy apples.

Of course, if it's brain-bending rides you're looking for, Playland will keep you screaming.

The park's vintage Wooden Roller Coaster, built in 1958, will bring you back to those childhood summers. It's just as scary as it ever was.

And The Beast, Canada's most extreme pendulum ride, lifts riders more than 12 storeys high at 90 km/hr, spinning them 360 degrees for maximum brain tingling. Just make sure you hold onto your lunch. Playland is now open from 10 a.m. to 6 p.m. daily. Playland PlayPasses are available online at pne.ca, and give you access to over 30 rides and attractions.

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Your essential daily news
Ferrari to unleash special-edition cars to celebrate 70th

It pays to sweat the details

ALL PHOTOS MIKE GOETZ/FOR METRO

REVIEW

New Prius a study in hybrid dedication

Mike Goetz
For Metro Canada

As the first mass-produced hybrid, and going it alone for a good stretch, the Toyota Prius went on to become the face of hybrid-vehicle technology.

Well, with the introduction of the new-generation version for model year 2016, the face is no longer the loveable and benign one we've come to expect from the Prius — not quite mean, but there is a definite smirk.

But that is all in keeping with Toyota's new plans for the Prius: to make it more engaging to drive and look at, and make it more appealing to a broader range of buyers — not just the crowd that lives for maximizing fuel economy — and has the spreadsheet and clipboard to prove it.

Our Prius test vehicle was the top-shelf Touring model, which comes with a lithium ion battery pack. Base models come with a nickel-metal hydride battery (as did all previous-generation Prius models). Battery packs have been relocated to under the rear seats, which opens up more cargo room.

The new Prius is based on a new platform, which is more low-slung than the previous one, and a lot stiffer and lighter, so it feels great on the road.

The 121 net horsepower is not going to enact enough G-forces to contort your face under acceleration and/or cornering, but the overall refinement level of the powerteam, combined with good torque from both power units, make it very satisfying.

The cabin is still about broadcasting and enabling the hybrid experience, with lots of information disseminated on the drive train and real time fuel efficiency. But this time around, Toyota gave the Prius a bump up in interior aesthetics. Highlights include a wide, wrap-around instrument panel, and an available premium white ornamentation in the lower sections of the cabin, which is reminiscent of fine-bone china.

The Prius has a special role within Toyota — to push the envelope on efficiency and low emission technologies, and then share this expertise with the others. And it continues to show the way with the new 2016 model, through such tech as:

- S-flow air conditioning, which automatically focuses airflow only to areas where people are seated to save energy.
- Electric motor-generators, transaxle, power control unit, and hybrid batteries that are all smaller, lighter and more efficient that their predecessors.
- A 1.8-litre gas engine, which achieves a ground-breaking thermal efficiency of 40 per cent.

Don't worry if this doesn't excite you, as it might with the boys on The Big Bang Theory. You just need to know that Toyota sweated the details, and you'll notice.

THE CHECKLIST | 2016 TOYOTA PRIUS

THE BASICS

- **Type.** Five-door, FWD, compact hatchback
- **Power.** Hybrid, 1.8-litre 95-hp "Atkinson Cycle" I4, 60 kW electric motor generator system, 121 net horsepower
- **Transmission.** CVT
- **Base price (not including destination).** $25,995

LOVE IT

- Wireless smart phone charging
- Toyota Safety Sense suite, which includes lane departure alert, pre-collision, and radar-enabled cruise control

LEAVE IT

- This "standard" Prius is just a bit small for an active family and all their stuff. You can see why Toyota introduced the V version, to give bigger families more elbow-room.

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Better, faster, stronger

PORSCHE

New Panamera even speedier, more powerful

The new Porsche Panamera Turbo may have clocked a 7:38 Nurburgring lap time, but Porsche isn't done yet. According to Motor Trend, an even more powerful and faster Porsche Panamera is in the works, borrowing hybrid technology from the 918 Spyder. The German automaker did confirm at the 2017 Porsche Panamera's debut that two hybrid models are on the way, and one looks to pack around 700 horsepower. But before then, expect Porsche to add a more powerful Panamera Turbo S to the lineup, sporting around 580 hp. That also means the Porsche Panamera Turbo S will likely turn in an even faster Nurburgring time than the 7:38 from the Turbo model. Eventually, however, there will be a range-topping model to rule them all.

JASON SIU/AUTOGUIDE.COM

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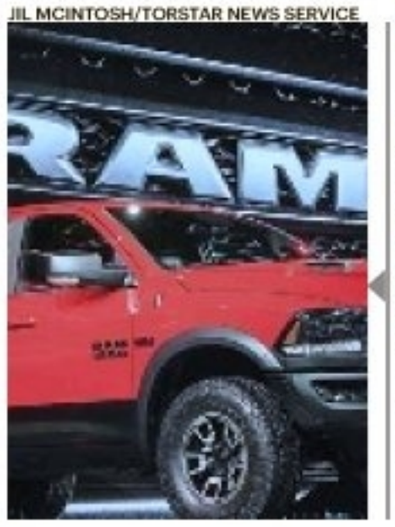
JIL MCINTOSH/TORSTAR NEWS SERVICE



RAM TRUCK

Rebel Rebelle

The Rebelle Rally is the first women's off-road navigation race in the U.S., and this year will be the first year of competition. Ram Truck announced its support of Arizona businesswomen Nena Barlow and Kande Jacobsen, providing a 2016 Ram Rebel truck for the two women to drive in the Rebelle Rally. The event covers a highly secret route between Lake Tahoe and San Diego.

JASON SIU/AUTOGUIDE.COM

THE ASSOCIATED PRESS FILE

INNOVATION

Toyota patents more than the next guy

For the second year in a row, Toyota was issued more patents than any other automaker. The Intellectual Property Owners Association recently published data on 2015 patents, and Toyota is the only automaker listed among the top 20 on the IPO list. JASON SIU/AUTOGUIDE.COM

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CAREER GUIDE

Companies are flocking to British Columbia, and not just for the beautiful scenery. Thousands of them are on the hunt for candidates in the lower mainland looking for new recruits.

At the same time, for the job hunter, great opportunities can be missed when your only method of looking for a career involves scanning through hundreds of pages online.

So how do we bridge the two? With a bi-weekly Career Guide, which will offer up information on positions available, recruitment companies and ways to improve your resumé to find your dream job.

Don't miss our next Career Guide July 27

Getting personal: cover letter tips

ISTOCK

While companies may use software to scan the many resumés they receive for a position, it's rare to use robots to filter cover letters. The cover letter can be used then to emphasis a candidate's suitability for a job on a personal level.

Tony Botelho, manager of career and volunteers services at Simon Fraser University keeps it simple: be human when dealing with Human Resources and personalize your connection to the position you are applying for.

"It's a way to highlight your fit and your connection to a position in a way that a resumé typically can't," says Botelho.

Some sectors do not require cover letters, but it's a general rule the more professional the position the more likely a cover letter is necessary, Botelho says. They are also useful when trying to get in with organisations with strong core values. The cover letter says, "Hey, I believe in those values too."

"One of the things you want to do is explain why you want to work at this position, work at this company, or this organisation or this field; that personal connection. Most employers can train people to do stuff but you can't train them to be interested in and enthusiastic about the setting. That's one of the things the cover letter can really help on, particularly the more philosophically grounded or orientated an organisation is, such as not-for-profits, committees organisations, that alignment with the goals of the organization is something you can do better in a cover letter," says Botelho.

A better letter can be achieved by focusing on two points: One, explain how you personally connect with the organisation and two, explain how your experience and skill sets connect you to the position.

A refresher on cover letter expectations

Twin your cover with your resumé to create a professional feel and look. Make sure font choices, letterheads and colour, if used, are consistent across both documents. Botelho says to design it in a way that, if only one of your documents get read, all the pertinent information is evident.

Watch for typos and errors. Seems obvious, but it's the number one complaint Botelho gets from employers. And stay away from form letters. They can be spotted a mile away. They remove the human factor from your application. Personalise it.

"Make the connection and then highlight all the key examples that prove you have the skills, experiences, whatever they might be looking for," Botelho say. "And then wrap it all up at the end, like a mini essay."

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'IT'S AN EXCITING TIME TO WORK FOR SAP'

If you've ever downloaded a song from iTunes, shopped at your favourite store or checked stats on the NBA website, chances are you've interacted with software applications created by SAP.

You may have never heard of this global tech giant, but it runs quietly in the background of your daily life, says the company's vice president and managing director. And now, you can be part of the team at the centre of today's business and technology revolution.

"We build two products in Vancouver and the lion's share of our current hiring is for software developers for cloud solutions in analytics and social collaboration," says Kirsten Sutton of the multinational company, which is one of the world's leading enterprise software providers. "But we're also looking for IT professionals, product support and commercial sales."

SAP, which launched in Germany in 1972 and today operates in almost 300 countries, has a homegrown connection. SAP Labs Canada, the company's Canadian research and development hub, employs more than 1,200 people in Vancouver. The downtown office is the largest of four Canadian SAP Labs locations.

Sutton attributes the company's recent growth in Vancouver to the location's 32-year history of building solutions that make it easier for businesses to make sense of their data. What began as Crystal Services was then acquired by Seagate Technology, Crystal Decisions, Business Objects and finally SAP, she says.

"Leading edge business intelligence software has always been at the heart of what we do," she says.

So, when SAP bolstered its investment to build the world's premier cloud data analysis tool, it chose Vancouver as the place to do it. Today, the product called SAP BusinessObjects Cloud is revolutionizing the ways businesses make decisions, says Sutton.

"It's an exciting time to work for SAP," she says. "We're changing the way the world does business. We're making it possible for businesses to run live.

"And, most importantly, it's one of the best places to work. Be it for the free lunch at 52 Yaletown restaurants, international volunteer opportunities, flexible work hours or our work hard, play hard mentality, SAP is the place you want to be."

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David Ortiz's Red Sox jersey is the most popular this season, judging by sales on MLBShop.com between Jan. 1 and the All-Star Game

AL shines brighter

MLB ALL-STAR GAME

Red Sox slugger feted in victory over senior circuit

Eric Hosmer and Salvador Perez made sure the Kansas City Royals will start at home, sweet, home if they get a chance to defend their World Series title.

The Royals duo homered off former Kansas City teammate Johnny Cueto during a six-pitch span in the second inning, Hosmer added an RBI single and the American League beat the Nationals 4-2 Tuesday night for their fourth straight win in the All-Star Game.

David Ortiz found himself in the middle of the most touching moment at Petco Park, embraced by his AL teammates near first base after exiting his final All-Star Game. The popular Big Papi plans to retire at 40 after this season with Boston.

Kris Bryant of the Cubs led the parade of sparkling young talent with a first-inning home run. Dellin Betances flashed his 100 m.p.h. heat and Astros reliever Will Harris came on to throw a called third strike past Cardinals rookie Aledmys Diaz on a 3-2 pitch on the outside corner with the bases loaded to end the eighth.

All-Star MVP Eric Hosmer celebrates his second-inning home run for the American League on Tuesday. SEAN M. HAFFEY/GETTY IMAGES

TUESDAY In San Diego

AL	NL
4	2

Royals reliever Kelvin Herrera pitched a hitless sixth for the AL, which will open the Series at home for the 11th time in 14 years since the all-star winner was used to determine the hosts for Games 1 and 2.

Cleveland's Corey Kluber pitched a 1-2-3 second inning for the win, and Zach Britton got the save for the AL, which cut its deficit to 43-42 with two ties

Blue Jays right-hander Aaron Sanchez allowed two hits, a walk and a run in one inning of work in his first appearance at an All-Star Game.

Toronto DH Edwin Encarnacion walked and scored a run while Josh Donaldson and Michael Saunders each went 0-for-1. THE ASSOCIATED PRESS

ANTHEM CONTROVERSY

Tenor trots out tone-deaf O Canada

The Tenors say they are "deeply sorry" for a political statement made during the singing of O Canada on Tuesday night before the Major League Baseball All-Star Game in San Diego.

During their on-field performance in San Diego, a line in the anthem was changed to "We're all brothers and sisters, all lives matter to the great." The normal lyric is "With glowing hearts we see thee rise. The True North strong and free."

In a statement posted on Facebook, members of the British Columbia-based quartet blame the altered lyric on group member Remigio Pereira, saying he acted as a "lone wolf" who changed the anthem to "serve his own political views."

Remigio Pereira GETTY IMAGES

The statement says the other members of the group are "shocked and embarrassed" and are deeply sorry for what they call the "disrespectful and misguided lack of judgment by one member of the group." THE CANADIAN PRESS

IN BRIEF

Lesnar ranked UFC's No. 8 heavyweight

Brock Lesnar has entered the UFC heavyweight rankings at No. 8 after beating Mark Hunt in his first MMA fight since December 2011.

The former UFC heavyweight champion returned to action Saturday at UFC 200 in Las Vegas, picking up a basic purse of US$2.5 million for winning a decision over Hunt. THE CANADIAN PRESS

It's not great.

Carl Robinson whose Whitecaps have allowed 33 goals in 19 games this MLS season. Vancouver, which is 1-3-2 in its last six games and hasn't won an MLS game at home since May 11, hosts Real Salt Lake Wednesday night.

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RECIPE Basil Avocado Salsa Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Pair thin pieces of chicken with this easy salsa full of simple, fresh ingredients and you have dinner perfection.

Ready in
Prep time: 20 minutes
Cook time: 15 minutes

Ingredients
- 4 boneless, skinless chicken breast
- kosher salt
- pepper
- 2 tsps olive oil
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocadoes, diced

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound chicken to about 1/4 inch thick using a mallet or rolling pin. Season with salt and pepper.

2. In a large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

3. In a large cast iron skillet over medium heat, warm1 tsp oil and add two chicken breasts and cook through, about 4 minutes on each side. Transfer to a plate and repeat with the last two breasts.

4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

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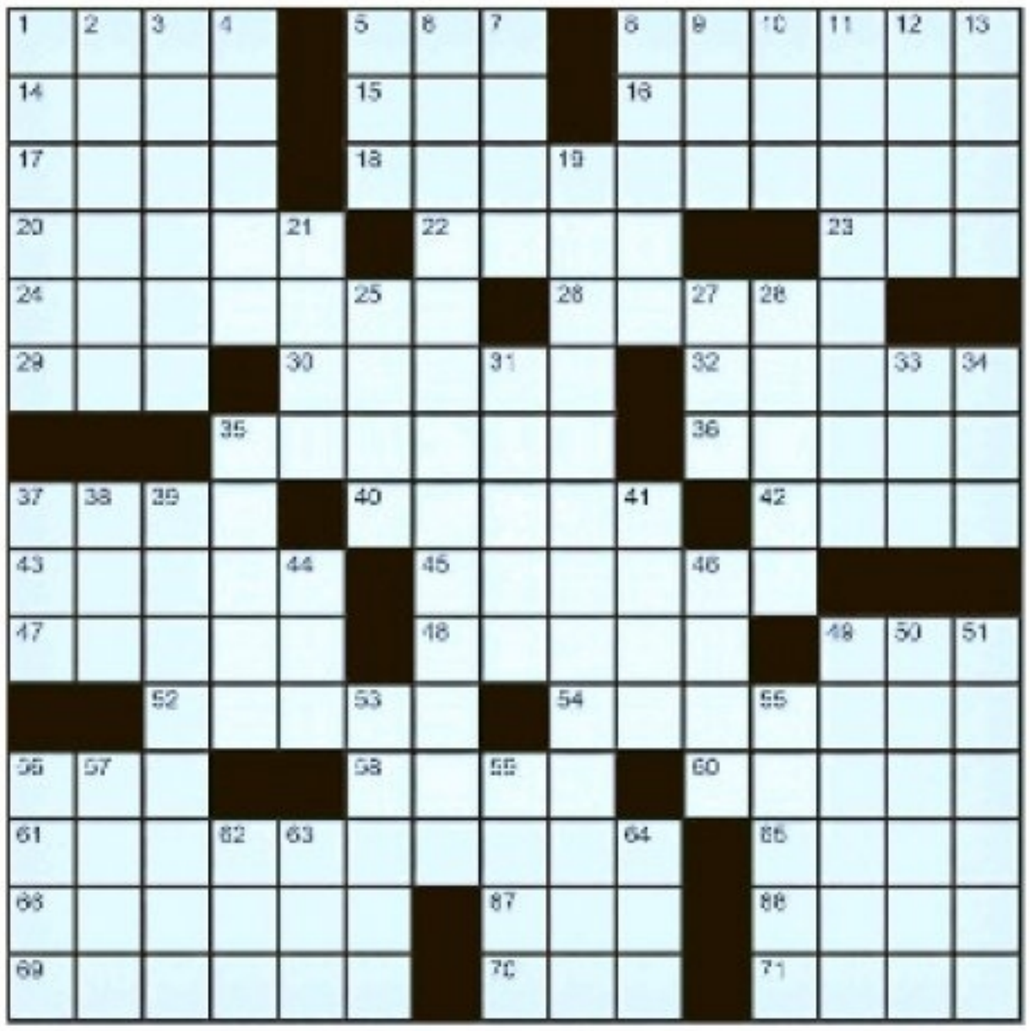
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. "Eyes Wide _" (1999)
5. Maturate
8. 1969 Elvis hit: "In the _"
14. Stylish
15. _ Tin Tin
16. Update, workshop-style
17. Rainbow goddess of ancient Greece
18. _-_ Rod (Giant roadside attraction in Houston, British Columbia)
20. Soldiers group
22. Brewery yeast
23. Grassland
24. Imply
26. Effigy
29. Open 24 _ (All day/night store sign)
30. Saskatchewan hamlet near Moose Jaw; or, "Gigi" (1958) star Leslie
32. Garden's lounging lieu
35. Susan _, The Volcano Lover novelist
36. Wreck
37. 1/6 inch printing unit
40. Disconcerted
42. Bestow
43. Door accessories
45. Art gallery prints, e.g.
47. Category
48. Greyish
49. '_' _ for Hull
52. Game ragout
54. Competitor
56. Dunk
58. Beatles title lady
60. "An _ of prevention is worth..."
61. Toronto subway line, Yonge-_
65. "Game of Thrones" character Jon
66. Write, chicken-scratch style
67. _-trial
68. Domesticated
69. "_ a Place" by The Beatles
70. Adjust
71. She-_ (Mother's trendy backyard oasis)

DOWN
1. Sew
2. Feeling from frightful film frames
3. Partnerships
4. Mr. Beckford
5. Cute bark
6. Manitoba municipality 350 kms northwest of Winnipeg: 2 wds.
7. Singer born Eithne Ní Bhraonain
8. Fairytale-inspired drama on NBC
9. Guys
10. Ordinal suffix
11. Eau de _
12. Muscle quality
13. Eldest sister in Three Sisters, Anton Chekhov's play
19. July 13th to July 24th, 2016: Winnipeg _ _ Festival, its slogan is 'You Wanna Play?'
21. Somewhat, in music
25. One of the islands of British Columbia archipelago Haida Gwaii
27. Fitting
28. Jails in England
31. "Midnight at the _": 1974 hit for Maria Muldaur
33. Mr. Fleming
34. Un-new
35. Brand of hummus
37. Canada Post delivery, e.g.
38. 'Serpent' suffix
39. Plot
41. Subsequently
44. Salt, in a Montreal restaurant
46. Unfooled: 2 wds.
49. "_ Montana"
50. Household _ (Marketing survey question)
51. Brooded
53. Soil fertilizers
55. What the unprotected iron does
56. "_ in the Wind" by Kansas
57. Move an _ (Budge)
59. Puppy bites
62. Sort, for short
63. Baby baa-er's birther
64. However

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
If dividing or sharing something, or having an important discussion about inheritances, make sure to protect your own interests. Don't give away the farm.

Taurus April 21 - May 21
You feel particularly sympathetic to a friend or loved one today. This is a good day for a warm, heart-to-heart discussion with someone.

Gemini May 22 - June 21
A co-worker might confide in you today or need your advice. Sometimes people just need a sympathetic ear. (Never miss an opportunity to practice a small kindness.)

Cancer June 22 - July 23
This is a lovely day for the arts or for doing any kind of creative work. You feel particularly sympathetic to the needs of children, which is a good thing.

Leo July 24 - Aug. 23
Family discussions will be warm and friendly today. This is a good day to talk to someone about his or her problems (or perhaps your problems), because people are sympathetic today.

Virgo Aug. 24 - Sept. 23
You might spend time daydreaming today, because your imagination is heightened. In fact, your ability to visualize is heightened, hence your desire to escape into fantasy.

Libra Sept. 24 - Oct. 23
If shopping today, you will be tempted to buy luxurious, elegant items. (It's tough to have champagne tastes on a beer wallet.)

Scorpio Oct. 24 - Nov. 22
Today the Moon is in your sign, dancing with mysterious Neptune. This makes you particularly sensitive to your surroundings and the feelings of others.

Sagittarius Nov. 23 - Dec. 21
Hidden secrets might be revealed today. Or perhaps you will feel more in tune with your own psychic abilities. (We all have them.) You also might be attracted to mysticism or magical ideas. ("Where is that Ouija board?")

Capricorn Dec. 22 - Jan. 20
A discussion with a female friend will be important and perhaps confidential. Someone might need your emotional support.

Aquarius Jan. 21 - Feb. 19
Personal details about your private life might be made public today. Fortunately, it might be that someone discovers a good deed you have done. Something will reveal that you have a sympathetic, caring nature.

Pisces
Feb. 20 - March 20
Because your appreciation of beauty is heightened today, visit beautiful places — museums, galleries, architectural buildings and parks. Enjoy your day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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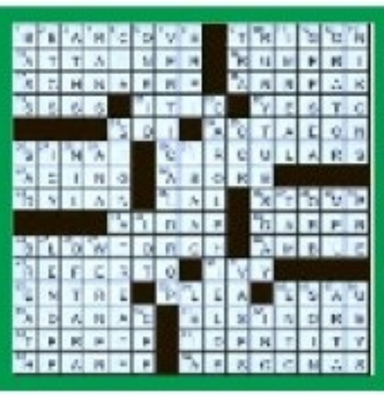

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Weekly on a 60 month term with 260 payments.
MSRP $28,015** includes freight and PDI.

2016 **HR-V** LX

LEASE FOR **$68*** @ 4.99%* APR* **$0 DOWN PAYMENT***

Weekly on a 60 month term with 260 payments.
MSRP $22,515** includes freight and PDI.

PLUS A

LIMITED TIME $1500†

HONDA BONUS

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Ω Limited time lease and finance offers based on a new 2016 Civic 4D EX-T CVT HS FC1F4GJ available only through Honda Canada Finance Inc., on approved credit. Lease is based on a 24-month term, for a total of 24 payments. Monthly payment is $467.44 (includes $1,595 freight and PDI), with $0 down payment, first monthly payment and $0 security deposit due at lease inception. Lease rate is 0.99%. 24,000 kilometre allowance; charge of $0.08/km for excess kilometres. Total lease obligation is $11,698.56. Option to purchase at lease end for $16,586.10 plus taxes. §Finance example $26,591.50 at 0.99% per annum equals $1,132.07 per month for 24 months (includes $1,595 freight and PDI), with $0 down payment. Cost of borrowing is $278.16, for a total obligation of $27,189.66. †$1,500 Honda bonus cash purchase incentive is available on all 2016 CR-V models. Honda cash purchase incentive will be deducted from the negotiated price after taxes and cannot be combined with special lease or finance offers. *Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. #The weekly lease offer applies to a new 2016 CR-V LX 2WD RM3H3GE1/2016 HR-V LX 2WD MT RU5G3GEX for a 60-month period, for a total of 260 payments of $71.96/$67.96 leased at 1.99%/4.99% APR based on applying $578.40/$519.20 "lease dollars" (which are deducted from the negotiated selling price after taxes). ‡Down payment of $0.00, first weekly payment and $0 security deposit due at lease inception. Total lease obligation is $18,707.00/$17,667.00. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. **MSRP is $28,015/$22,515 including freight and PDI of $1,725/$1,725. Ω/§/*/#/**Prices and/or payments shown do not include a PPSA lien registration fee of $30.31 and lien registering agent's fee of $5.25, tire/battery tax of $25, or air conditioning charge (where applicable) of $100, all of which are due at time of delivery. Additional charges for waste disposal fees, environmental fees and handling charges (all of which may vary by dealer and/or vehicle) may apply. Offers valid from July 4th through 31st, 2016 at participating Honda retailers. Dealer may sell/lease for less. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details. ŧNone of the features we describe are intended to replace the driver's responsibility to exercise due care while driving. Drivers should not use handheld devices or operate certain vehicle features unless it is safe and legal to do so. Some features have technological limitations. For additional feature information, limitations and restrictions, please visit www.honda.ca/disclaimers and refer to the vehicle's Owner's Manual. ¥Only compatible with certain devices and operating systems. Cellular data and/or voice charges may apply, including roaming charges and/or other amounts charged by your wireless carrier. Apple CarPlay™ and Siri are trademarks of Apple Inc. For Apple CarPlay™ data use and privacy policy, see Terms and Privacy policy for Apple CarPlay™ or contact Apple Inc. at www.apple.com.